

Full Report (All Nutrients) 20029, Couscous, cooked

Report Date: June 27, 2017 03:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:4.05 Nitrogen to Protein Conversion Factor:5.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, cooked 157g	1 cup, dry, yields 528g	1 oz, dry, yields 86g
Proximates							
Water	g	72.57	7	0.155	113.93	383.17	62.41
Energy	kcal	112	--	--	176	591	96
Energy	kJ	469	--	--	736	2476	403
Protein	g	3.79	3	0.149	5.95	20.01	3.26
Total lipid (fat)	g	0.16	7	0.061	0.25	0.84	0.14
Ash	g	0.26	4	0.008	0.41	1.37	0.22
Carbohydrate, by difference	g	23.22	--	--	36.46	122.60	19.97
Fiber, total dietary	g	1.4	--	--	2.2	7.4	1.2
Sugars, total	g	0.10	--	--	0.16	0.53	0.09
Minerals							
Calcium, Ca	mg	8	4	0.248	13	42	7
Iron, Fe	mg	0.38	4	0.028	0.60	2.01	0.33
Magnesium, Mg	mg	8	4	1.181	13	42	7
Phosphorus, P	mg	22	4	13.273	35	116	19
Potassium, K	mg	58	3	4.557	91	306	50
Sodium, Na	mg	5	4	0.495	8	26	4
Zinc, Zn	mg	0.26	4	0.062	0.41	1.37	0.22
Copper, Cu	mg	0.041	3	0.011	0.064	0.216	0.035
Manganese, Mn	mg	0.084	1	--	0.132	0.444	0.072
Selenium, Se	µg	27.5	--	--	43.2	145.2	23.6
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0

Nutrient	Unit	1			1 cup, cooked 157g	1 cup, dry, yields 528g	1 oz, dry, yields 86g
		Value Per100 g	Data points	Std. Error			
Thiamin	mg	0.063	5	0.006	0.099	0.333	0.054
Riboflavin	mg	0.027	5	0.011	0.042	0.143	0.023
Niacin	mg	0.983	3	0.155	1.543	5.190	0.845
Pantothenic acid	mg	0.371	4	0.148	0.582	1.959	0.319
Vitamin B-6	mg	0.051	3	0.001	0.080	0.269	0.044
Folate, total	µg	15	3	8.665	24	79	13
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	15	3	8.665	24	79	13
Folate, DFE	µg	15	--	--	24	79	13
Choline, total	mg	3.3	--	--	5.2	17.4	2.8
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	25	--	--	39	132	22
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.20	0.69	0.11
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2	0.5	0.1
Lipids							
Fatty acids, total saturated	g	0.029	--	--	0.046	0.153	0.025
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	29	--	0.000	0.000	0.000

Nutrient	Unit	1	Data points	Std. Error	1 cup, cooked 157g	1 cup, dry, yields 528g	1 oz, dry, yields 86g
		Value Per100 g					
16:0	g	0.027	29	--	0.042	0.143	0.023
18:0	g	0.001	29	--	0.002	0.005	0.001
Fatty acids, total monounsaturated	g	0.022	--	--	0.035	0.116	0.019
16:1 undifferentiated	g	0.001	29	--	0.002	0.005	0.001
18:1 undifferentiated	g	0.022	29	--	0.035	0.116	0.019
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.064	--	--	0.100	0.338	0.055
18:2 undifferentiated	g	0.060	29	--	0.094	0.317	0.052
18:3 undifferentiated	g	0.003	29	--	0.005	0.016	0.003
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.049	--	--	0.077	0.259	0.042
Threonine	g	0.100	--	--	0.157	0.528	0.086
Isoleucine	g	0.147	--	--	0.231	0.776	0.126
Leucine	g	0.259	--	--	0.407	1.368	0.223
Lysine	g	0.073	--	--	0.115	0.385	0.063
Methionine	g	0.059	--	--	0.093	0.312	0.051
Cystine	g	0.107	--	--	0.168	0.565	0.092
Phenylalanine	g	0.184	--	--	0.289	0.972	0.158
Tyrosine	g	0.100	--	--	0.157	0.528	0.086
Valine	g	0.162	--	--	0.254	0.855	0.139
Arginine	g	0.140	--	--	0.220	0.739	0.120
Histidine	g	0.077	--	--	0.121	0.407	0.066
Alanine	g	0.111	--	--	0.174	0.586	0.095
Aspartic acid	g	0.155	--	--	0.243	0.818	0.133
Glutamic acid	g	1.367	--	--	2.146	7.218	1.176
Glycine	g	0.120	--	--	0.188	0.634	0.103

Nutrient	Unit	1	Data points	Std. Error	1 cup, cooked 157g	1 cup, dry, yields 528g	1 oz, dry, yields 86g
		Value Per100 g					
Proline	g	0.417	--	--	0.655	2.202	0.359
Serine	g	0.179	--	--	0.281	0.945	0.154
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Isoflavones							
Daidzein ¹	mg	0.01	1	--	0.02	0.05	0.01
Genistein ¹	mg	0.00	1	--	0.00	0.00	0.00
Glycitein ¹	mg	0.00	1	--	0.00	0.00	0.00
Total isoflavones ¹	mg	0.01	1	--	0.02	0.05	0.01
Formononetin	mg	0.00	1	--	0.00	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00

¹Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201